

Healthy Living Programs through Kaiser Permanente

Kaiser Permanente

Health Rewards Program: The Rewards program features a Total Health Assessment for Kaiser members. The assessment takes approximately 20 minutes to complete and not only will participants get a personalized health improvement plan tailored to their individual lifestyle, they will also earn several chances at a drawing held quarterly in March, June, September and December to win one of the following:

- A \$500 SpaFinder® gift certificate;
- A \$500 sports store gift certificate good at REI®, Big 5 Sporting Goods®, or Sports Authority®; or
- A 160-gigabyte color-screen iPod®

ChooseHealthy: Kaiser members can get provider discounts on massage, chiropractors, acupuncture, fitness clubs, fitness books, videos and supplements, etc. Kaiser members who register for *ChooseHealthy* will receive a free annual Premium Membership (a \$69.95 value). This membership offers online resources and tools to help achieve health and fitness goals.

Wellness Coaches: Free Wellness Coaches are available for Kaiser members to help reduce stress, quit smoking, lose weight, and more, by calling 1-866-251-4514 from 6:00 a.m. – 7:00 p.m.

Health Talks: The first Wednesday of each month at 12:30 p.m., Kaiser offers online discussions called *Health Talks*. Kaiser members and non-members can tune in at www.kp.org/healthtalks.

10,000 Steps Program: Start stepping today! Kaiser members and non-Kaiser members can participate in their 10,000 Steps® program, designed to help employees become more physically active. And, for those interested in losing weight and keeping it off, you can add the 10,000 Steps Weight Management Program. There is a cost involved, so for pricing information and to join, please go to: <https://kp.10k-steps.com/register/register.aspx?regNumber=300%20&%20hpmember=0>